

# APR 21

65 East 200 South 801.489.8738

[www.springvilleseniorcenter.org](http://www.springvilleseniorcenter.org)

springvilleseniors@yahoo.com



Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center"><b>Meals served daily</b> 11:30am- 12:30pm</p> <p>Reservations should be made at least one day in advance (by 1:00 p.m.). Food is provided by Mountainland. Menu subject to change.</p> <p>\$3 donation per meal is appreciated by anyone age 60+.</p>		<p><b>Santa Fe Turkey</b> 31</p> <p>Brown Rice Roasted Corn Black Beans Orange</p>	<p><b>Corn Chowder</b> 1</p> <p>Green Beans Fresh Corn Bread Sliced Peaches</p>	<p><b>Honey Baked Ham</b> 2</p> <p>Scalloped Potatoes Diced Beets Fresh Roll Tropical Fruit Chewy Brownie</p> 
		<p>9:00 Foot Clinic (by appt) 10:30 Zoom Daily Chat 1:00 Recorder Class</p>	<p>9:00 Tai Chi 12:00 Zoom Shakespeare Reading Group 10:00 Billiards (by appt)</p>	<p><b>Easter Apron Contest</b> 10:00 Aerobics</p>
<p><b>Sweet &amp; Sour Chicken</b> 5</p> <p>Steamed White Rice Stir Fried Vegetables Fresh Apple Fortune Cookie</p>	<p><b>Rigatoni Pasta</b> 6</p> <p>Meat Sauce Mixed Vegetables Garden Green Salad Fresh Garlic Roll Warm Applesauce</p>	<p><b>Chicken Pot Pie</b> 7</p> <p>Fresh Baked Biscuit Sliced Peaches Fresh Baked Brownie</p>	<p><b>Ham &amp; Beans</b> 8</p> <p>Braised Cabbage Fresh Baked Roll Applesauce Cookie Cake</p>	<p><b>Turkey Breast</b> 9</p> <p>Garlic Mashed Potatoes Turkey Gravy Crinkle Cut Carrots Fresh Baked Roll Mandarin Oranges</p>
<p>10:00 Aerobics 1:00 Art Class</p>	<p>9:00 Tai Chi 10:00 Billiards (by appt)</p>	<p>10:00 Aerobics 1:00 Recorder Class</p>	<p>9:00 Tai Chi 10:00 Billiards (by appt)</p>	<p>10:00 Aerobics</p>
<p><b>Salisbury Steak</b> 12</p> <p>Garlic Mashed Potatoes Gravy Mixed Vegetables Fresh Baked Roll Diced Pears</p>	<p><b>Creamed Chicken</b> 13</p> <p>White Rice Calif. Blend Veggies Fresh Baked Roll Pineapple Tidbits</p>	<p><b>Beef &amp; Veggie Stew</b> 14</p> <p>Fresh Green Salad Fresh Cornbread Peaches Jackie's Cake</p>	<p><b>No Meal</b> 15</p> <p>Sorry, no meals served today.</p>	<p><b>Roasted Pork</b> 16</p> <p>Au Gratin Potatoes Seasoned Carrots Fresh Baked Roll Mandarin Oranges</p>
<p>9:00 Legal Help (by appt) 10:00 Aerobics 10:30 Zoom Daily Chat 1:00 Art Class</p>	<p>9:00 Tai Chi 10:00 Billiards (by appt) 10:30 Foot Clinic (by appt) 1:00 Book Club at SSC</p>	<p>10:00 Aerobics 9:00 Foot Clinic (by appt) 10:30 Zoom Daily Chat 1:00 Recorder Class</p>	<p>9:00 Tai Chi 10:00 Bocce Ball (by appt) 12:00 Zoom Shakespeare Reading Group</p>	<p>10:00 Aerobics 10:30 Zoom Daily Chat 1:30 Zoom Bingo</p>
<p><b>Fish Fillets</b> 19</p> <p>Potato Wedges Crinkle Cut Carrots Tartar Sauce Fresh Baked Roll Orange</p>	<p><b>BBQ Pulled Pork</b> 20</p> <p>Au Gratin Potatoes Seasoned Corn Fresh Baked Roll Local Apple</p>	<p><b>Chicken Salad Wrap</b> 21</p> <p>Italian Pasta Salad Kosher Pickle Spear Diced Pears</p>	<p><b>Shepherd's Pie</b> 22</p> <p>Seasoned Peas Fresh Baked Roll Cottage Cheese &amp; Fruit Chocolate Brownie</p>	<p><b>Roasted Beef</b> 23</p> <p>Roasted Baby Potatoes Gravy Seasoned Peas Fresh Baked Roll Diced Peaches</p>
<p>10:00 Aerobics 10:30 Zoom Daily Chat 1:00 Art Class</p>	<p>9:00 ROMEOs 9:00 Tai Chi 10:00 Billiards (by appt)</p>	<p>10:00 Aerobics 10:30 Zoom Daily Chat 1:00 Recorder Class</p>	<p>9:00 Tai Chi 10:00 Billiards (by appt) 11:00 Podiatrist (by appt) 1:00 Craft Day (by appt)</p>	<p>10:00 Aerobics 10:30 Zoom Daily Chat 1:30 Zoom Bingo 2:15 Board Meeting</p>
<p><b>Country Fried Steak</b> 26</p> <p>Mashed Potatoes Gravy Mixed Vegetables Fresh Baked Roll Diced Pears</p>	<p><b>Swedish Meatballs</b> 27</p> <p>Rice Carrots Fresh Baked Roll Mixed Fruit in Jell-O</p>	<p><b>Santa Fe Turkey</b> 28</p> <p>Brown Rice Roasted Corn Black Beans Fresh Baked Roll Orange</p>	<p><b>Zita Pasta</b> 29</p> <p>Meat Sauce Seasoned Green Beans Garden Green Salad Fresh Garlic Roll Seasonal Fruit Crisp</p>	<p><b>Meat Loaf</b> 30</p> <p>Garlic Mashed Potatoes Gravy Roasted Corn Fresh Baked Roll Jackie's Cake</p>
<p>10:00 Aerobics 10:30 Zoom Daily Chat 1:00 Art Class 1:00 Red Hat Club</p>	<p>9:00 Tai Chi 10:00 Bunco (by appt)</p>	<p>10:00 Aerobics 10:30 Zoom Daily Chat 1:00 Recorder Class</p>	<p>9:00 Tai Chi 10:00 Billiards (by appt)</p>	<p>10:00 Aerobics 10:30 Zoom Daily Chat 2:00 Bingo Spring Creek Park</p>

# SSC NEWS

Springville Senior Center building remains closed. We miss you!

## Daily Zoom Chat

Join us at 10:30 MWF mornings. Pop in and say hello. Make new friends. Start your day with a smile!

To join in: email a request to [springvilleseniors@yahoo.com](mailto:springvilleseniors@yahoo.com)

## Zoom Bingo

Virtual bingo is held Fridays at 1:30 p.m. Pick up cards at SSC during drive-thru lunch or request cards to be emailed to you. Prizes are \$2 per game. Prizes will be paid when the center reopens. (Membership required)

To join in: email a request to [springvilleseniors@yahoo.com](mailto:springvilleseniors@yahoo.com)

## Senior Center Opening

We are slowly beginning to get activities and classes back at the Senior Center. We hope to have things back to a modified "normal" very soon. Thanks for your patience!



## April Services

**Free drive-thru meals** will continue through the month of April for any individual aged 60+. Drive into the EAST driveway and circle to the back of the building. Meals are served Monday-Friday from 11:30-12:30. All are welcome regardless of place of residence. A \$3 per meal donation is appreciated, but not required.

**Ensure** is available during drive-thru times with a doctor's prescription on file. Please call ahead so that we can have it ready for you.

**Foot Clinic and Podiatrist** available by appointment. Distancing and sanitation guidelines will be explained and followed. Foot Clinic Sign ups are online: [www.springvilleseniorcenter.org/footclinic](http://www.springvilleseniorcenter.org/footclinic)

**Free Legal Assistance** is available by appointment. Please call or email for information.

**Do you have any questions?**

Leave a message at 801-489-8738 or email: [springvilleseniors@yahoo.com](mailto:springvilleseniors@yahoo.com)



- 1- Shari Kone, Janis Nielson
- 1- Claudia Pinola
- 2- Esther Alejandre,
- 2- Robert Freeman
- 2- MarLou Irvine
- 3- Marie Fisk
- 4- Donna Price
- 6- Eugen Frischknecht
- 6- Marjorie Mullaly,
- 6- Janeane Sevy
- 9- Catherine Overson
- 10- Gary Pyne, Dennis Sabey
- 11- Mae Jean Brailsford
- 11- Don Harvey
- 12- Bradley Petersen
- 12- Rulon Twitchell
- 13- Harold Collings
- 15- Sam Barker
- 16- Marlene Safsten
- 17- Susan Harris
- 18- Eric Eaton, Robert McKell
- 21- Doug Andrus
- 21- Vivian Schramm
- 21- Greg Wright
- 24- Marsha Jacobson, Gloria Larkin
- 24- Retha Walker
- 26- David Efros, Chuckie Neitzel
- 27- Arlene Kendall, David Mullaly
- 28- Sandra Bachler
- 29- LaVerne King
- 30- Alesia Juber, Claudia Olsen
- 30- Susan Willard

# April Classes

## **Recorder Class - Wednesdays 1:00 p.m.**

Join Martha Sargent in the Beginner/  
Intermediate recorder class

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## **Tai Chi - Tuesdays/Thursdays 9:00 a.m.**

20 person limit, face masks required.

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## **Bunco- Tuesday, April 27th 10:00 a.m.**

By appointment only

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## **Book Club- Tuesday, April 13th 1:00 p.m.**

Join the book club in reading How Dare the Sun Rise.  
Discussion will be held at the Senior Center and the  
new book will be distributed.

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## **Art Class - Mondays 1:00 p.m.**

Self-directed projects in all mediums welcome with  
input from other class members if desired.

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## **Shakespeare Reading Group**

### **1st/3rd Thursdays 12:00 p.m.**

In person or via Zoom. Please contact the Senior  
Center if you would like to participate for a book.

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## **Aerobics - MWF 10:00 a.m.**

This class is led by a CD and other class  
members.

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## **Billiards T/TH 10:00 a.m.**

By appointment only.



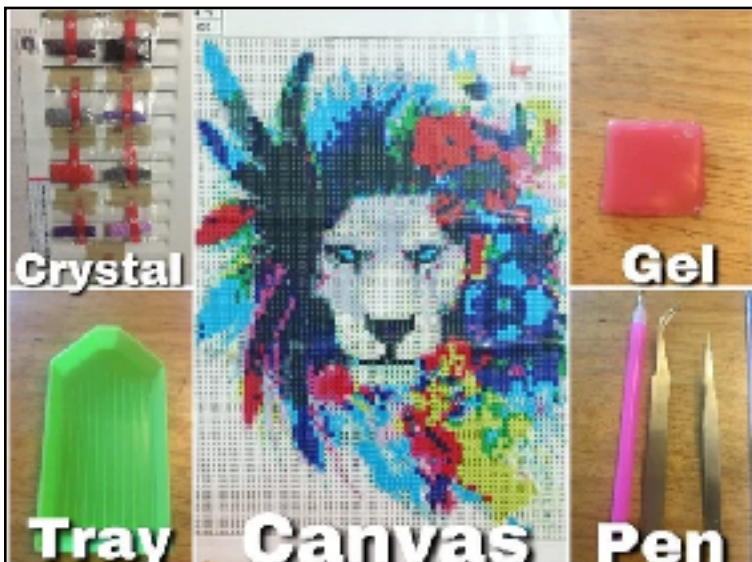
# CRAFTDAYS

## Thursday, April 22nd

### 1:00 - 3:00 p.m.

By appointment only. Attend for free plus the cost of supplies.

Diamond Art kits range from \$4-\$50 depending on style.



This month we are going to try Diamond Art Painting! Tori can help you purchase a kit, or bring one you are working on.



## Red Hat is back!

Monday, April 26th at 1:00 p.m.

Olive Garden– Spanish Fork

The Senior Center's Red Hat Society Ladies visit different restaurants each month. A Red Hat is required :) Please bring \$1 to donate to charity.

## Join the ROMEOS!

Tuesday, April 20th 9:00 a.m.

Cracker Barrel– Springville



The Retired Old Men Eating Out are ready to start having breakfast again. It's been a long year! Join them at Cracker Barrel each month on the 3rd Tuesday at 9:00 a.m.

Return your completed Pictionary answers by

April 9th to be entered into a prize drawing!

Name: \_\_\_\_\_



# Easter EMOJI Pictionary

1.  \_\_\_\_\_
2.  \_\_\_\_\_
3.  \_\_\_\_\_
4.  \_\_\_\_\_
5.  \_\_\_\_\_
6.  \_\_\_\_\_
7.  \_\_\_\_\_
8.  \_\_\_\_\_
9.  \_\_\_\_\_
10.  \_\_\_\_\_
11.  \_\_\_\_\_
12.  \_\_\_\_\_
13.  \_\_\_\_\_

Congratulations to the winners of March's limerick contest!

Daylight Saving's here again  
My sleep pattern just can't win  
    Could drink a Toddy  
    But oh my Lawdy  
There're those who think it's a sin.

*Joyce Rollins*

A dashing young man named Lee  
Poured liquor in his ice tea.  
    He took but one drink,  
    Then fell in the sink  
And buzzed like a bumble bee.

*Robert Carter*

There once lived a goat in Peru  
Who dreamed he was swimming in glue.  
    He awoke in the night  
    In a terrible fright  
To see that his dream had come true

*Linda Hair*

There once was a maid named Tori  
Who wore hats in all her glory  
    Whimsical and bright  
    It's really a sight  
And this is a real true story!

*Phyllis Miller*